

Sandy Springs Gymnastics Center at Hammond Park

SPRING TERM 2015: April 13- May 23

With more than 150 different gymnastics classes offered each term, we are sure to have the right class for your girl or boy. We offer classes for various skill levels from 12 months to 18 years old. Our facility has state of the art equipment and we have just opened our brand new preschool gym designed just for children 5 years old and under. All our professional coaches undergo regular training and are USA Gymnastics Safety, CPR, First Aid and AED certified.

Register Online: www.SandySpringsGA.gov/registration More Info: (770) 730-5600 or www.SandySpringsGa.gov/Gymnastics

Disclaimer: Classes and instructors offered are subject to change. In addition, classes may be changed or cancelled if the minimum class requirement is not met.

Make up classes are not guaranteed unless the class is cancelled by the City of Sandy Springs.

Annual Registration Fee: \$25.00/ Fulton resident; \$35.00/non-resident

12-18 months - Wobblers

“Wobblers” - This parent assisted class focuses on learning social skills through development of basic motor skills, coordination, balance, strength and stretching. Each class begins with a group warm-up on the floor, then obstacle courses for challenging the tots by crawling, climbing, rolling and jumping. Wobblers will enjoy a soft, fun, interesting and colorful adventure throughout the gym with equipment just their size. (Co-ed), Class Length – 30 minutes, *parent participation required

Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Maria	Monday	11:00am	PS Gym	Wobblers	45min	\$51 / \$60	Gym1.1303

18 months - 2 Years Old - Stepping Stones

“Stepping Stones” – This parent assisted class is for walking tots and the adults that love them. Participants learn tumbling, agility, strength and coordination skills in a fun and inviting setting. Focus is placed on the basic motor skills to help your child's overall development. Waiting their turn and good sportsmanship are positively reinforced. Soft, obstacle courses include the use of bars, beam, trampoline, spring boards, and floor. (Co-ed) ,class length – 45 minutes, *parent participation require

Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Kat	Monday	10:00am	PS Gym	Stepping Stones	45 min	\$51 / \$60	Gym2.1301
Maria	Thursday	11:00am	PS Gym	Stepping Stones	45min	\$51 / \$60	Gym2.1308
India	Friday	10:00am	PS Gym	Stepping Stones	45min	\$51 / \$60	Gym2.1311
Tricia	Saturday	11:30am	PS Gym	Stepping Stones	45min	\$51 / \$60	Gym2.1309

Ages 2-3 Yrs Old - Tumbling Tots

These parent assisted classes provide exposure to basic gymnastics skills, taking turns, following directions and social interactions.

Students will build confidence, coordination, and strength while at play doing gymnastics. You and your child will explore bars, beams, vault and trampoline in obstacles that teach basic gymnastics skills along with developing stronger gross motor skills. This will be a time for you and your tot to start learning simple structure and is also a great transition into our Pre Gym classes. (Co-ed) ,class length – 45 minutes, *parent participation required

Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Kat	Monday	11:00am	PS Gym	Tumbling Tots	45 min	\$51 / \$60	Gym3.1302
Maria	Monday	3:00pm	PS Gym	Tumbling Tots	45min	\$51 / \$60	Gym3.1303
India	Monday	5:00pm	PS Gym	Tumbling Tots	45min	\$51 / \$60	Gym3.1317
Tricia	Tuesday	10:00am	PS Gym	Tumbling Tots	45min	\$51 / \$60	Gym3.1305
Kat	Tuesday	4:00pm	PS Gym	Tumbling Tots	45min	\$51 / \$60	Gym3.1306
Kat	Wednesday	5:00pm	PS Gym	Tumbling Tots	45min	\$51 / \$60	Gym3.1309
Tricia	Thursday	10:00am	PS Gym	Tumbling Tots	45min	\$51 / \$60	Gym3.1310
Maria	Saturday	10:10am	PS Gym	Tumbling Tots	45min	\$51 / \$60	Gym3.1315
Maria	Saturday	11:00am	PS Gym	Tumbling Tots	45min	\$51 / \$60	Gym3.1318
Maria	Saturday	12:00pm	Gym	Tumbling Tots	45min	\$51 / \$60	Gym3.1316

Ages 3 - 4 Years Old - Pre Gym I

“Pre Gym I” - These classes are designed to teach participants basic gymnastics skills in a fun filled environment that includes playing games, fun stretches, jumping on the trampoline, and introduction to the Olympic gymnastics Equipment including bars, beam, floor and vault. (Co-ed), class length – 45 minutes, students participate on their own

Maria	Monday	10:00am	PS Gym	Pre Gym I	45min	\$51 / \$60	Gym4.1301
India	Monday	2:00pm	PS Gym	Pre Gym I	45min	\$51 / \$60	Gym4.1303

India	Monday	4:00pm	PS Gym	Pre Gym I	45min	\$51 / \$60	Gym4.1304
Maria	Tuesday	10:00am	PS Gym	Pre Gym I	45min	\$51 / \$60	Gym4.1306
Maria	Tuesday	11:00am	PS Gym	Pre Gym I	45 min	\$51 / \$60	Gym4.1323
Tanner	Tuesday	3:00pm	PS Gym	Pre Gym I	45min	\$51 / \$60	Gym4.1308
Maria	Thursday	10:00am	PS Gym	Pre Gym I	45min	\$51 / \$60	Gym4.1313
India	Friday	11:00am	PS Gym	Pre Gym I	45min	\$51 / \$60	Gym4.1316
Tanner	Saturday	10:10am	PS Gym	Pre Gym I	45min	\$51 / \$60	Gym4.1318
Kat	Saturday	10:10am	PS Gym	Pre Gym I	45min	\$51 / \$60	Gym4.1319
Kat	Saturday	11:00am	PS Gym	Pre Gym I	45min	\$51 / \$60	Gym4.1320
Ages 4 - 5 Years Old Pre Gym II							
"Pre Gym II" - These classes are designed to teach participants basic gymnastics skills in a fun filled environment that includes playing games, fun stretches, jumping on the trampoline, and introduction to the Olympic gymnastics Equipment including bars, beam, floor and vault. (Co-ed), class length – 45 minutes, students participate on their own							
Maria	Monday	2:00pm	Gym	Pre Gym II	45min	\$51 / \$60	Gym5.1301
India	Monday	3:00pm	Gym	Pre Gym II	45min	\$51 / \$60	Gym5.1302
Maria	Monday	4:00pm	Gym	Pre Gym II	45min	\$51 / \$60	Gym5.1303
Ina	Monday	4:00pm	Gym	Pre Gym II	45min	\$51 / \$60	Gym5.1304
Kat	Monday	6:00pm	Gym	Pre Gym II	45min	\$51 / \$60	Gym5.1325
Tricia	Tuesday	4:00pm	Gym	Pre Gym II	45min	\$51 / \$60	Gym5.1306
Ina	Tuesday	4:00pm	Gym	Pre Gym II	45min	\$51 / \$60	Gym5.1307
Katheryn	Wednesday	2:00pm	Gym	Pre Gym II	45min	\$51 / \$60	Gym5.1309
Maria	Wednesday	3:00pm	Gym	Pre Gym II	45min	\$51 / \$60	Gym5.1310
Maria	Wednesday	4:00pm	Gym	Pre Gym II	45min	\$51 / \$60	Gym5.1327
Tricia	Thursday	11:00am	Gym	Pre Gym II	45min	\$51 / \$60	Gym5.1314
Katheryn	Thursday	4:00pm	Gym	Pre Gym II	45min	\$51 / \$60	Gym5.1312
Tanner	Thursday	6:00pm	Gym	Pre Gym II	45min	\$51 / \$60	Gym5.1313
Kat	Saturday	9:00am	Gym	Pre Gym II	45min	\$51 / \$60	Gym5.1317
Katheryn	Saturday	11:00am	Gym	Pre Gym II	45min	\$51 / \$60	Gym5.1318
Katheryn	Saturday	12:00pm	Gym	PreGym II	45min	\$51 / \$60	Gym5.1320
Girls Ages 5 - 7 Years Old							
OldBeginner/Intermediate – For beginners and students with previous experience (cartwheel, bridge, and handstand).These classes explore the traditional Olympic gymnastics events; bars, beam, vault and floor. Students have fun improving strength, flexibility and coordination. (Girls only) Advanced – Front and back walkovers, round-offs, pull over on the bars Advanced classes are by invitation only, for an evaluation call (770) 206-2037							
Katheryn	Monday	3:00pm	Gym	Girls Ages 5-7 yrs	55min	\$60 / \$66	Gym7.1301
Gennadiy	Monday	4:00pm	Gym	Girls Ages 5-7 yrs	55min	\$60 / \$66	Gym7.1302
Maria	Tuesday	4:00pm	Gym	Girls Ages 5-7 yrs	55min	\$60 / \$66	Gym7.1310
Tanner	Tuesday	4:00pm	Gym	Girls Ages 5-7 yrs	55min	\$60 / \$66	Gym7.1335
Katheryn	Tuesday	5:00pm	Gym	Girls Ages 5-7 yrs	55min	\$60 / \$66	Gym7.1312
Ina	Wednesday	3:45pm	Gym	Girls Ages 5-7 yrs	55min	\$60 / \$66	Gym7.1315
Kat	Wednesday	4:00pm	Gym	Girls Ages 5-7 yrs	55min	\$60 / \$66	Gym7.1316
Katheryn	Thursday	3:00pm	Gym	Girls Ages 5-7 yrs	55min	\$60 / \$66	Gym7.1320
Tanner	Thursday	3:00pm	Gym	Girls and Boys Ages 5-7	55min	\$60 / \$66	Gym7.1330
Katheryn	Thursday	6:00pm	Gym	Girls Ages 5-7 yrs	55min	\$60 / \$66	Gym7.1322
Tricia	Friday	3:45pm	Gym	Girls Ages 5-7 yrs	55min	\$60 / \$66	Gym7.1323
Tanner	Saturday	9:00am	Gym	Girls Ages 5-7 yrs	55min	\$60 / \$66	Gym7.1326
Gennadiy	Saturday	11:30am	Gym	Girls Ages 5-7 yrs	55min	\$60 / \$66	Gym7.1328
Ina	Saturday	11:30am	Gym	Girls Ages 5-7 yrs	55min	\$60 / \$66	Gym7.1331
Kat	Saturday	12:00pm	Gym	Girls Ages 5-7yrs	55min	\$60 / \$66	Gym7.1329
Girls Ages 7 - 9 Years Old							
Beginner/Intermediate – For beginners and students with previous experience (cartwheel, bridge, and handstand).These classes explore the traditional Olympic gymnastics events; bars, beam, vault and floor. Students have fun improving strength, flexibility and coordination. (Girls only)Advanced – Front and back walkovers, round-offs, pull over on the bars Advanced classes are by invitation only for an evaluation call (770) 206-2037							
Gennadiy	Monday	5:00pm	Gym	Girls Ages 7-9 yrs	55min	\$60 / \$66	Gym8.1302
Katheryn	Monday	5:00pm	Gym	Girls Ages 7-9 yrs	55min	\$60 / \$66	Gym8.1326
Katheryn	Monday	6:00pm	Gym	Girls Ages 7-9 yrs	55min	\$60 / \$66	Gym8.1303
Katheryn	Tuesday	3:00pm	Gym	Girls Ages 7-9 yrs	55min	\$60 / \$66	Gym8.1309
Gennadiy	Tuesday	4:00pm	Gym	Girls Ages 7-9 yrs	55min	\$60 / \$66	Gym8.1305

Katheryn	Tuesday	4:00pm	Gym	Girls Ages 5-7 yrs	55min	\$60 / \$66	Gym8.1326
Tanner	Tuesday	6:00pm	Gym	Girls Ages 7-9 yrs	55min	\$60 / \$66	Gym8.1307
Katheryn	Wednesday	4:00pm	Gym	Girls Ages 7-9 yrs	55min	\$60 / \$66	Gym8.1312
Gennadiy	Wednesday	6:00pm	Gym	Girls Ages 7-9 yrs	55min	\$60 / \$66	Gym8.1314
Alex	Thursday	4:00pm	Gym	Girls Ages 7+ (ADVANCED)	90min	\$90 / \$99	Gym8.1317
Katheryn	Thursday	5:00pm	Gym	Girs Ages 7-9 yrs	55min	\$60 / \$66	Gym8.1326
Gennadiy	Friday	4:00pm	Gym	Girls Ages 7-9 yrs	55min	\$60 / \$66	Gym8.1326
Gennadiy	Saturday	10:30am	Gym	Girls Ages 7-9 yrs	55min	\$60 / \$66	Gym8.1322
Tanner	Saturday	12:00pm	Gym	Girls Ages 7-9 yrs	55min	\$60 / \$66	Gym8.1321
Girls Ages 9+							
Beginner/Intermediate – For beginners and students with previous experience (cartwheel, bridge, and handstand).These classes explore the traditional Olympic gymnastics events; bars, beam, vault and floor. Students have fun improving strength, flexibility and coordination. (Girls Only) Advanced – Front and back walkovers, round-offs, pull over on the bars Advanced classes are by invitation only, for an evaluation call (770) 206-2037							
Katheryn	Monday	4:00pm	Gym	Girls Ages 9-13 yrs	55min	\$60 / \$66	Gym12.13001
Katheryn	Wednesday	3:00pm	Gym	Girls Ages 9-13 yrs	55min	\$60 / \$66	Gym12.13004
Katheryn	Wednesday	6:00pm	Gym	Girls Ages 9-13 yrs	55min	\$60 / \$66	Gym12.13006
Tanner	Thursday	4:00pm	Gym	Girls Ages 9-13yrs	55min	\$60 / \$66	Gym12.13007
Katheryn	Saturday	10:00am	Gym	Girls Ages 9-13 yrs	55min	\$60 / \$66	Gym12.13010
Boys Ages 5 - 7							
Beginner/Intermediate – These classes exemplify how rewarding gymnastics can be for boys. Students will have fun improving strength, flexibility, coordination with an emphasis on tumbling. Skills learned in gymnastics will enhance performance in other sports. (Boys only)							
Alex	Wednesday	3:45pm	Gym	Boys Ages 5-7 yrs	55min	\$60 / \$66	Gym6.1306
Alex	Friday	3:00pm	Gym	Boys Ages 5-7 yrs	55min	\$60 / \$66	Gym6.1307
Boys Ages 8 - 13							
Beginner/Intermediate – These classes exemplify how rewarding gymnastics can be for boys. Students will have fun improving strength, flexibility, coordination with an emphasis on tumbling. Skills learned in gymnastics will enhance performance in other sports. (Boys only)							
Alex	Tuesday	3:45pm	Gym	Boys 6+ ADVANCED	55min	\$60 / \$66	Gym9.1301
Tanner	Saturday	11:00am	Gym	Boys Ages 8-13 yrs	55min	\$60 / \$66	Gym9.1303
Co-Ed Tumbling Ages 8+							
Beginner/Intermediate – These classes are designed to help with tumbling skills: handstands, walkovers, round-offs, back handsprings, back tucks, and combinations. Students will work only on the floor and trampoline. (Co-ed)Advanced –Advanced classes are by invitation only, for an evaluation call (770) 206-2037							
Kat	Moday	5:00pm	Gym	Co-ed Tumbling Ages 8-12 yrs	55min	\$60 / \$66	Gym11.1313
Kat	Tuesday	6:00pm	Gym	Co-ed Tumbling Ages 8-12 yrs	55min	\$60 / \$66	Gym11.1304
Tanner	Thursday	5:00pm	Gym	Co-ed Tumbling Ages 8-12 yrs	55min	\$60 / \$66	Gym11.1308
Alex	Thursday	5:30pm	Gym	Co-ed Tumbling Ages 8+ yrs ADVANCED	90 min	\$90 / \$99	Gym11.1309
Alex	Thursday	7:00pm	Gym	Co-ed Tumbling Ages 8+ yrs ADVANCED	90 min	\$90 / \$99	Gym11.1310
Katheryn	Saturday	9:00am	Gym	Co-ed Tumbling Ages 8-12 yrs	55min	\$60 / \$66	Gym11.1312
Kat	Saturday	1:00pm	Gym	Co-ed tumbling Ages 8-12 yrs	55min	\$60 / \$66	Gym11.1311
Cheerleading Girls Ages 4-18							
These classes are designed to intruduce the sport of cheerleading. Participants will learn basic cheerleading tumbling, jumping and spotting/flying skills and learn routines.							
Kat	Monday	4:00pm	Gym	Girls Ages 5-10 yrs	45min	\$60 / \$66	Gym17.1301
Kat	Thursday	7:45pm	Gym	Varsity Cheer Advanced	55min	\$60 / \$66	Gym17.1306
Special Needs Co-ed Ages 6-12							
Sparkling Stars Gymnastics – These 45min classes held once a week will use basic gymnastics equipment and other fun activities to develop strength and flexibility, self-confidence and body awareness. Group classes are taught by exceptional coaches that are specifically trained to work with the special needs community. Children with mild disabilities or moderate physical disabilities can attend. Private 1:1 classes are also available.							
TBA	Friday	4:15pm	PS Gym	Sparkeling Stars Ages 6-12 yrs	45min	\$60 / \$66	Gym18.1301
Adults							

The adult gymnastics class incorporates balance, flexibility, stretching, and strength. This is the perfect all-around workout that uses every muscle in your body and helps develop gymnastics skills for all levels. This class is fun, rigorous and challenging for the former gymnast or any adult that wants to experience an exciting way to exercise. Your body will feel great and your friends will be impressed.

Alex	Monday	7:45pm	Gym	Adult	55 min	\$60 / \$66	Gym14.1301
Justine	Thursday	7:00pm	Gym	Adult BEGINNERS	90min	\$90 / \$99	Gym14.1302
Justine	Saturday	10:00am	Gym	Adult BEGINNERS	90min	\$90 / \$99	Gym14.1303